

Infant of WIC Mom (AK 94-USDA 701)

Explain to Participant Your baby is being enrolled in the WIC program today because during your pregnancy you were a WIC Program participant; or you would have qualified during your pregnancy.

Goal The goal is to monitor your baby's growth to help him/her grow healthy.

Suggestions for Reducing Risk

- Follow the recommendations of your infant's health care provider.
- Explain the nutrition education materials suggested
- Offer breastmilk or iron-fortified formula for the entire first year.
- Explain infant feeding cues and practices.
- Offer a variety of foods from all the food groups every day.
- Avoid the temptation to force-feed your child.

Nutrition Education Material Suggested **Food for your Baby's First Year**

Explain Applicable WIC Foods

WIC Foods	Nutrients Provided
Milk	Calcium, Vitamin A, Protein
Cheese	Calcium, Vitamin A, Protein
Eggs	Protein
Beans or Peanut Butter	Protein, Iron
WIC Juice	Vitamin C
Cereal	Iron
Carrots	Vitamin A
Tuna Fish	Protein
Salmon	Calcium, Vitamin A, Protein
Iron Fortified Infant Formula	Calcium, Vitamin A & C, Protein, Iron
Iron Fortified Infant Cereal	Iron

Explain What the WIC Nutrients Can Do for You!

Calcium	Keeps bones healthy. Helps muscles work. Helps blood clot. Helps control blood pressure.
Iron	Carries oxygen in your blood to your muscles. Prevents Anemia. Prevents infection.
Vitamin C	Helps your body heal. Helps fight infections. Helps your body use the iron in the foods you eat.
Protein	Makes up part of every cell in your body. Builds and maintains muscles and other tissues.
Vitamin A	Helps keep your skin healthy and smooth. Helps you see at night.

Materials with More Information Bright Futures for Infants